



HI PAN NEWS



HAWAII PHYSICAL ACTIVITY & NUTRITION NEWSLETTER



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Maui Kids Cook with Heart

The American Heart Association (AHA) is teaming up with Maui chefs to give Lahaina-area students and their families a taste of better eating.

The AHA developed the Kids/Teens Cook With Heart program to teach elementary, middle and high school students how to prepare healthful meals as a way to embrace a healthier lifestyle. Studies show that youth who are involved in preparing their own meals are more likely to eat nutritious foods,

and more fruits and vegetables. Moreover, the program gets kids excited about trying new foods, and encourages them to share this passion with their families at home, thus expanding the program's reach.

The program boasts a special curriculum designed to meet the needs of local families, align with the Hawaii public schools' syllabus, and embrace the native and traditional foods in Hawaii. The program is supported by some of West Maui's best-known chefs who volunteer their time, knowledge, passion and local flavors to the classroom. >>

(cont.) The Kids/Teens Cook With Heart program, is being offered in Lahaina-area elementary, middle and high schools during the 2018-2019 school year through a generous grant to the AHA by the Saunders Family. The AHA hopes to expand the program to other Maui communities with additional community funding . A crowdfunding site to help fund the program's expansion has been created. Supporters can text MAUIKIDS to 71777 or go to <https://app.mobilecause.com/vf/MAUIKIDS.g>. For more information about the program, contact Eva Bondar at eva.bondar@heart.org.



KOKUA Balance Bike Rodeo

BY BRIAN CANEVARI

Empowering youth to let their feet do the rolling, KOKUA Bikes has partnered with Hawaii Bicycling League for events past, present, and future. Past events have been centered at the Honolulu Museum of Art (HoMA) during bike month 2015-2018. Mid-July 2018, the bikes will be headed to the Mililani Keiki Fair. October 2018 will mark the first year that Hawaii Bicycling League (HBL) will take the fleet of balance bikes and trikes to Children and Youth Day at the Hawaii State Capital! Brian Canevari, of Kokua Bikes USA shares, "It's exciting to see that after three years of providing all of the volunteers, and personally running the KOKUA Balance Bike Rodeo at Hawaii State Children and Youth Day, this year HBL is taking over 100%." >>

"It's exciting to see that after three years of providing all of the volunteers, and personally running the KOKUA Balance Bike Rodeo at Hawaii State Children and Youth Day, this year [Hawaii Bicycling League] is taking over 100%."

Brian Canevari, of KOKUA Bikes

(cont.) The KOKUA Balance Bike Rodeo is an arena where parents can gain knowledge about bikes, biking, and their use for gross motor skills and social emotional development leading to an active life with exercise built-in. At the event, children from 2-years-old to teenagers can ride for free. Parents sign a waiver, the child is fitted for a helmet and a balance bike, and off they go.

LIKEaBIKES are already in many Oahu and mainland schools, from private schools to "Head Start." UH Manoa Children's center just purchased their second fleet of balance bikes to meet expansion needs. Their first fleet went into service four years ago and is still running strong. Bikes have also been loaned to schools, pediatricians, and loaned for use at events.

The goal is to get kids comfortable on two wheels, but that is not always possible. For these riders, the LIKEaTRIKE was developed by KOKUA Bikes in Germany. A mother at HoMA event in 2016 was so appreciative that her autistic son was included in the fun. He was sitting on a LIKEaTRIKE in the middle of the chaos. "He is always left out at these types of events, and you included him. Thank you!"

The next effort is to look at balance bikes as a medical device and ask insurance companies to cover the cost. Adults need encouragement to go walking, kids love active strolling, so kids can prompt parents and grandparents to go out for a walk with them. It's a cycle of life.

For more information, contact kokua@kokuabikesusa.com or Hawaii Bicycling League, (808)735-5756. See Kokua Bikes USA on YouTube for videos from past events.

"The students' involvement in all aspects of the [YEAH] project helped create a stronger community of people empowered to work for changes that support a healthier lifestyle."

Get Fit Kauai: YEAH! for YEAH! (Youth Engagement & Action for Health)

Get Fit Kauai, the County of Kauai and Georgia Tech partnered together to lead the 11-week Youth Education & Advocacy for Health class. The YEAH program engaged 10 middle-school aged youth from the Lihue Boys and Girls Club. As a group, they conducted a neighborhood assessment, selected a meaningful project and advocated for change with local policy and decision makers. The group met with Mayor Carvalho and gave a presentation to the Kauai County Council. Their recommendation was to start with programming, such as movies in the park to focus interest in park renovation. As a result of their recommendations, the Kauai County Council approved \$80,000 which will enable Get Fit Kauai to solicit detailed architectural design plans. These plans will reflect the findings of the Boys and Girls Club and the community, and a new Action Group has been born; Kalena Park Community Action Group. This is perhaps Get Fit Kauai's most age-diverse action group, bringing together everyone from middle-school age youth to seniors living at the adjacent Kaniko'o Senior Housing.

The students' involvement in all aspects of the project helped create a stronger community of people empowered to work for changes that support a healthier lifestyle. Their participation will help build a foundation for life-long community activism. When community residents are engaged (especially youth), elected officials take notice, improving the likelihood of achieving policy changes and neighborhood improvements. *The YEAH program operates with support from the Hawaii Public Health Institute (HIPHI) and the Hawaii State Department of Health.*





Town Craft Kid's College Class

Thirteen kids ages 11–13 took part in Kauai Community College's-Kid's College June 12–15. The class was sponsored by Envision Kauai and taught by Marie Williams from the County of Kauai Planning Department and Get Fit Kauai's Bev Brody. During the week-long class 13 pupils had fun designing and building towns and communities with LEGOS while learning about mapping, urban planning, transportation and healthy communities.

Parents, guardians and family members were invited to attend the judging of the student-designed healthy towns on the last day. Judges from County of Kauai Planning Department and Envision Kauai announced Lazy Town as the best overall with Blocksburg getting nods for Most Sustainable, and Fortnight Town getting the thumbs-up as Most Fun.



Get Kauai's Mayor-a-thon Celebrates 10 Years

What a celebration! On Saturday, June 23rd, approximately 1,500 bicyclists, runners, walkers and strollers came in droves to participate in the 10th Annual Mayor-a-thon at Kapa`a Beach Park on Kauai. The event was a celebration of physical activity and Ke Ala Hele Makala`e; a 4-plus mile segment of Kauai's multi-use path which provides a safe place for Kauai residents and visitors alike, to walk, bike or run. All in attendance enjoyed a beautiful morning full of physical activity, dancing, games, Zumba, breakfast, celebration, and the participants set a record for the largest electric slide dance in the state of Hawaii. This year's turn-out was the largest in the event's history with several attendees taking advantage of the FREE Electric Bus Mayor-a-thon transit from both the west and north sides of the island.

The first Mayor-a-thon was held on Saturday, June 27, 2009, and attracted about 500 walkers, runners, strollers, and bicyclist of all ages and fitness abilities. The event was to celebrate the blessing and official opening of Phase II of Ke Ala Hele Makala'e and was to meant to be a 'one-time' occurrence. But Mayor Bernard Carvalho had a different idea as he addressed the crowd in 2009 at Kapa'a Beach Park: "Welcome to the FIRST ANNUAL Mayorathon"! Since that historic day in 2009, the Mayor-a-thon has more than doubled in size to between 1,000 to 1,500 'mayor-a-thoners' and sponsorship has risen from 5 to 22, reflecting the growing popularity of, and community support for, the event.

The Mayor-a-thon is a free zero-waste event, co-sponsored by Get Fit Kauai, the County of Kaua'i and Kaiser Permanente. Other generous sponsors included Coconut Coasters, HMSA, Ho`ola Lahui Fitness Center, Hawaii Public Health Institute, Hawaii State Department of Health, The Kauai Bus, Kauai Coffee, Kauai Cycle, Kauai Marriott Beach Resort, Kauai Path, Kauai Department of Water, KONG Radio Group and the Lihue Boys and Girls Club.

"The event was...meant to be a 'one-time' occurrence. But Mayor Bernard Carvalho had a different idea as he addressed the crowd in 2009 at Kapa'a Beach Park: "Welcome to the FIRST ANNUAL Mayorathon!"

'ĀINA In Schools Volunteer Opportunities

'ĀINA In Schools is a farm to school program of the Kōkua Hawai'i Foundation that connects children to their land, waters and food to grow a healthier Hawai'i. The program partners with 23 O'ahu elementary schools and is growing!

We are building our base of community volunteers for the 2018-19 school year. If you enjoy educating the next generation about making healthy food choices, composting, growing gardens, and cooking their own food, become an 'ĀINA In Schools volunteer!

There are many ways Physical Activity and Nutrition Professionals can support this program at a local school in your community. 'ĀINA In Schools volunteer opportunities include:

'ĀINA In Schools Nutrition/Garden/Compost Docents

'ĀINA In Schools docents lead monthly hands-on, standards-based garden lessons for grades K, 1, 4, and 5, compost lessons for grade 3, and nutrition lessons for grades 2 and 6 at our 'ĀINA partner schools. No experience is necessary, training is provided, and times are flexible! Check out our 'ĀINA In Schools curricula and resources.

'ĀINA In Schools Garden Parties

Bring friends and family to an 'ĀINA In Schools Garden Party held 3 times a year to prepare the school garden for planting. 'ĀINA In Schools Garden Parties occur in August, early September, January, and May at all 23 'ĀINA schools.

'ĀINA In Schools Garden Clubs

Do you have a green thumb and enjoy spending time in the garden? Then assist with a school's 'ĀINA Garden Club. Weekly 'ĀINA Garden Club activities include garden care, planting, harvesting, cooking, and art.

'ĀINA In Schools Chef Visits

Are you a chef or know one? Through our 'ĀINA In Schools Chef Visits we partner with local chefs to cook up garden fresh, locally sourced recipes with students during October, National Farm to School Month, and April, Earth Month.

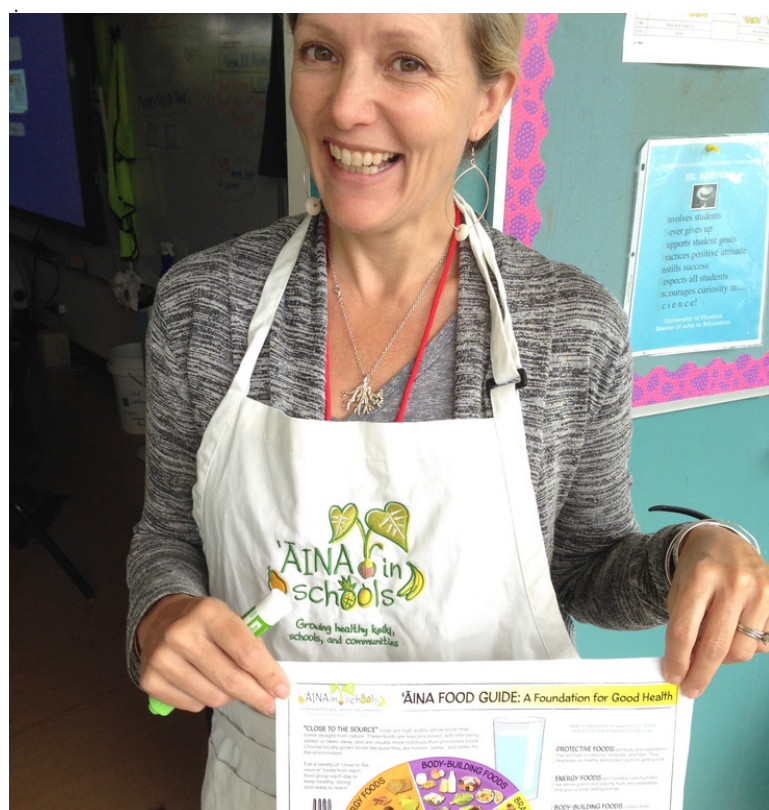
From a few of the volunteers:

"I think the most important lesson the children have walked away with is knowing that no matter where they live, they have the ability to grow their own food. I think that is real empowerment." --Parent Garden Docent, Ka'ōhao School

"Working with the 'ĀINA In Schools team and the students was fabulous! I appreciated the tight organization of 'ĀINA In Schools - having the training, props, checklists, and lesson plans made volunteering so much easier than I expected. I also appreciated how the students were so much more willing to try new foods with these lessons." --Community Volunteer, Kahala Elementary

"Many kids stayed in for recess to ask more questions (and eat more of the food we prepared). Several students told me that this was the first time they 'liked vegetables.'" --'ĀINA Chef, Kimi Werner

Check out the Kōkua Hawai'i Foundation website for more at: kokuahawaiifoundation.org or email volunteer@kokuahawaiifoundation.org.



3 Ways to Create a Culture of Health in Your Workplace

BY ERICA KOLCZ | WORKPLACE WELLNESS CONSULTANT, HAWAII HEALTH AT WORK ALLIANCE

1. Commit to it as an individual. If your organization is not quite ready to board the wellness train, make a commitment as an individual within your organization. Choose to make healthy choices at work such as taking the stairs over the elevator, bringing lunch from home, and/or making well-being a topic of conversations. You might talk to your co-workers about their favorite thing to do to stay active or maybe discover healthy ways they like to de-stress.

2. Recruit others to join you in creating healthy habits at work. You could host daily movement breaks in which you and your co-workers perform stretches, deep breathing exercises, or go outside for fresh air and a quick walk around the office. Or, maybe you have Tasty Tuesdays when co-workers bring in a healthy dish to share.

3. Empower others to live healthfully. Share stories of others who have been successful in making better lifestyle choices. While it would be best to have personal testimonies from your fellow co-workers, successes from people outside the organization can be inspiring as well.

To learn more about how to build a culture of workplace wellness, join the Hawai'i Health at Work Alliance. You'll get two tickets to each of our exclusive events when you join.

This year's 3rd Annual Wellness Leaders Conference features keynote speaker, Daniel G. Amen, M.D., a double board certified psychiatrist, 10-time New York Times bestselling author and international speaker.

You'll learn about how brain health is central to all health and success. Dr. Amen's work is dedicated to helping people have better brains and better lives.

Walk at Work

Every Wednesday, Department of Health workers at Kinau Hale are invited to participate in a lunchtime walking group called Walk at Work on Wednesday (WWOW). Walks last roughly 30 minutes and are one to two miles long. This weekly meet-and-move opportunity provides employees with a way to get in some extra steps while getting to know co-workers!



Choose Healthy Now on Every Island

The Choose Healthy Now (CHN) program is happy to welcome two new participating members: the Waianae Store in Waianae and the Friendly Market Center in Kaunakakai. Both stores are working closely with their local community health centers to offer discounts on CHN items. Providers at Waianae Coast Comprehensive Health Center and Molokai Community Health Center give out discount coupons to patients that they can redeem at their local store for healthy foods and beverages. Staff from the Hawaii Public Health Institute and the Department of Health worked with staff from the markets and the health centers to facilitate planning and coordination.

For an interactive map of the 150+ locations across the Islands and more, go to ChooseHealthyNowHawaii.com.



RESOURCES

NATIONAL

New Report Highlights State Support for Fruits and Vegetables

CDC released the 2018 State Indicator Report on Fruits and Vegetables. This report highlights approaches to increase the purchase, supply, and demand of fruits and vegetables in states and communities across the United States. The report shows the status of 10 indicators of fruit and vegetable access and production for all 50 states and the District of Columbia. The report also highlights state successes and provides strategies for improvement.

Best Practices for Financial Sustainability of Healthy Food Service Guidelines in Hospital Cafeterias

This study provides insights into how hospital food service directors can maximize revenue and remain financially viable while selling healthier options in on-site dining facilities. cdc.gov/pcd/issues/2018/17_0477.htm

Exceed Toolkit

Gives guidance on incorporating food service guidelines into food service contracts, RFPs and agreements: exceedtool.com.



Keep Calm and Carry On to School: Fact Sheet for Improving Arrival and Dismissal from School



A student's experience arriving at school sets the tone for the entire school day. But often, the last block of the school commute is challenging and unwelcoming, particularly for students arriving on foot or by bike. A new infobrief, *Keep Calm and Carry On to School: Improving Arrival and Dismissal for Walking and Biking*, provides information on how schools, districts, cities, counties, and community partners can address arrival and dismissal in school travel plans as well as other planning, policy, and programming efforts.

National Farm to School Network Resources

The State Farm to School Networks Toolkit offers key strategies and approaches for developing and sustaining state farm to school networks. It includes a primer on general network models, a deep dive into state farm to school network best practices, case studies highlighting successful tools and tactics, and analysis of challenges for and the future of state farm to school networks.



The State Farm to School Positions Guide aims to help stakeholders strategically advocate for the creation of more state agency and university Extension positions dedicated to supporting farm to school. The guide includes a list of all known existing state farm to school positions, four state case studies, an analysis of the current landscape of state farm to school positions, and sample job descriptions.



HAWAII

Hawaii's Indicator Based Information System (Hawaii-IBIS)

Hawaii-IBIS is your source for data and information on Hawaii's priority public health issues. This site allows visitors to build reports on nutrition, physical activity, and other public health related issues. Tutorials are available to assist new users.



GRANT OPPORTUNITIES

Worksite Wellness: The NIH and CDC funding opportunity for small businesses [SBIR PHS 2019-1] has been released. Please see <https://grants.nih.gov/grants/funding/SBIRContract/PHS2019-1.pdf> on Page 135 "Community Based Worksite Wellness App Linking Employees to Wellness Resources." The deadline for application receipt is October 22, 2018.

Health Equity: RWJF's Systems for Action program is offering up to six awards of \$250,000 each for research on how to better align and coordinate medical, social, and public health services to support population health. All proposals should include a focus on health equity, by examining how better aligning systems can ensure everyone has the opportunity to achieve their full health potential.

August 7, 2018 (1–2 p.m. ET)

Informational webinar for applicants. More information at rwjf.org.

September 12, 2018 (3 p.m. ET)

Deadline for receipt of one-page letter of intent (LOI) via email to systemsforaction@uky.edu.

October 10, 2018 (3 p.m. ET)

Deadline for receipt of full proposals via RWJF online system.

CONFERENCES

NATIONAL

Healthy Eating in Practice 2018 Conference

August 26-29, Asheville, North Carolina

<https://www.healthyeatinginpractice.org/>



Food & Nutrition Conference & Expo

October 20-23, 2018

Washington, D.C.

<https://eatrightfnce.org/>



Child Care Food Program Roundtable Conference

October 15-17, 2018, Anaheim, California

<http://ccfpconference.weebly.com/>

+ More Public Health Conference Listings can be found at:

https://phpartners.org/conf_mtgs.html

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